



MOVING FORWARD TOGETHER

REFLECTION QUESTIONS



practicing

RECONCILIATION

Introduction

This reflection questionnaire is a tool to help people reflect on a difficult relationship, challenging situation or traumatic event.

As an adaptable template, it can be used in a variety of circumstances.

It is designed to help someone acknowledge the effect a situation has had on them, including physically, emotionally, relationally and spiritually.

An individual can use their answers to then talk about how they have been affected and what moving forward looks like for them.

It can be used by an individual for personal reflection.

It can also be used as part of a community reflection or debrief process.

By hearing multiple reflections, an organisation can gain an overview of the impact of a big event, look for trends or discover common themes.

How to use these questions:

First, identify the difficult situation. This can be a person (my father), a single word (pandemic), a phrase (my parent's divorce), or a few sentences describing an event (the time the youth group got lost on a tramp in a storm).

Questions 1-9 involve looking at how the event/situation has affected you.

Questions 10 - 15 ask you to consider what moving forward looks like to you

Questions

01 Name the relationship / issue / event / season?

02 Have you felt any physical side-effects of this situation?

03 How much sleep or headspace have you lost because of it?

04 Describe any health advice or counselling sought over this.

05 How were special events in your life affected by this?

06 In what ways have your family relationships been affected?

07 How have your friends responded to this?

08 Name how your faith / spirituality has it been affected.

09 What other effects have you felt?

10 Name the two deepest or longest-lasting feelings.

11 What would it feel like to see this situation like a small spec behind you in the rear-view mirror?

12 What would moving forward look like? What change are you wanting right now that will help you move forward?
Why that specific change?

13 Describe why you feel that outcome would be fair.

14 Who do you feel holds the power to make that change happen?

15 What role do you have in bringing about this change or to contribute to moving forward in some other way?
